

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

For More Information:
1-888-462-2548
GNC.com
Distributed by:
General Nutrition Corporation
Pittsburgh, PA 15222 USA

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



GNC
TOTAL LEAN®

LEAN ESSENTIALS MULTIVITAMIN

DIETARY SUPPLEMENT



Essential nutritional support for a healthy
weight management program*

Complete multivitamin plus Omega-3s,
adaptogens & metabolism support*

60 SOFTGELS
30-DAY SUPPLY

CODE 219211

DIRECTIONS: As a dietary supplement, take two softgel capsules daily with food.

Supplement Facts

Serving Size Two Softgels/Servings Per Container 30

Amount Per Serving **% Daily Value**

Calories.....	10
Total Fat.....	1 g... 1%†
Vitamin A (as beta-Carotene).....	450 mcg... 50%
Vitamin C (as Ascorbic Acid).....	90 mg... 100%
Vitamin D (as Cholecalciferol D-3).....	25 mcg... 125%
Vitamin E (as d-alpha Tocopherol).....	7.5 mg... 50%
Thiamin (Vitamin B-1).....	6 mg... 500%
(as Thiamin Mononitrate)	
Riboflavin (Vitamin B-2).....	6.5 mg... 500%
Niacin (as Niacinamide & Niacin).....	32 mg... 200%
Vitamin B-6.....	8.5 mg... 500%
(as Pyridoxine Hydrochloride)	
Folate.....	667 mcg DFE... 167%
(400 mcg Folic Acid)	
Vitamin B-12 (as Cyanocobalamin).....	12 mcg... 500%
Biotin.....	30 mcg... 100%
Pantothenic Acid.....	5 mg... 100%
(as Calcium d-Pantothenate)	
Calcium (as Calcium Carbonate).....	100 mg... 8%
Iron (as Ferrous Fumarate).....	18 mg... 100%
Iodine (as Potassium Iodide).....	75 mcg... 50%

Amount Per Serving **% Daily Value**

Magnesium (as Magnesium Oxide).....	50 mg... 12%
Zinc (as Zinc Oxide).....	11 mg... 100%
Copper (as Cupric Oxide).....	0.9 mg... 100%

Healthy Oils..... 900 mg.....*

Medium Chain Triglycerides.....	600 mg...*
Total Omega-3 Fatty Acids.....	300 mg...*

Adaptogens..... 200 mg.....*

Corydalis sinensis Extract.....	100 mg...*
Rhodiola rosea Root Extract.....	100 mg...*
(3% Rosavins = 3 mg)	

Metabolism Support..... 170 mg.....*

L-Carnitine (as L-Carnitine Fumarate).....	100 mg...*
Green Coffee Bean Extract (Coffee sp.).....	50 mg...*
Capsimax® Fruit Extract.....	20 mg...*
(Capsicum annuum)	

Herbal Antioxidants..... 60 mg.....*

Resveratrol.....	30 mg...*
(Polygonum cuspidatum)(Root)	
Turmeric Root Extract.....	30 mg...*
(Curcuma longa)(95% Curcuminoids = 28.5 mg)	

† Percent Daily Value based on a 2,000 calorie diet.

* Daily Value not established.

OTHER INGREDIENTS: Gelatin, Glycerin, Beeswax, Caramel Color, Soy Lecithin, Silicon Dioxide.
CONTAINS: Soybeans, Wheat, Fish (Anchovy, Mackerel, Sardine, Smelt, Salmon, Tuna, Cod or a Combination Thereof).

WARNING: Consult your physician prior to using this product if you are pregnant, nursing, taking medication or have a medical condition. Discontinue use two weeks prior to surgery. Niacin may cause a temporary flushing reaction. Inform your physician of this product's biotin content before any lab test.

KEEP OUT OF REACH OF CHILDREN. Store in a cool, dry place.